

CPD Recording: Drawing for Wellbeing

Find a recording of an In The Studio session focusing on how drawing can be used for improving wellbeing.

In this practical session, Paula and Rachel demonstrate some drawing activities that can be used to change the pace of your day, whether you need to slow down or you need a boost of energy. These accessible activities are perfect for any educational setting.

If you'd like to join along with the activities in the recording, please have some basic drawing materials and paper to hand.

The video below is available to full [AccessArt members](#). Please log in to access the video.



	Please log in here to access full content.	
Username	<input type="text"/>	
Password	<input type="password"/>	
	<input type="button" value="Login"/>	<input checked="" type="checkbox"/> Remember me
	Forgot Password	

To access all content, I would like to join as...

An Individual



Creative practitioners, educators, teachers, parents, learners...

From £3.50

An Organisation...



Schools, Colleges, Arts Organisations: Single and Multi-Users
From £42

AccessArt is a UK Charity and we believe everyone has the right to be creative. AccessArt provides inspiration to help us all reach our creative potential.

You May Also Like...

arts and wellbeing



Introducing the New AccessArt Primary Art Curriculum

You May Also Like...

Accessart primary art curriculum



Session recording: The Primary Art Curriculum Celebration



AccessArt Recorded CPD: Primary Art Curriculum



CPD Recording: In The Studio With Joe Gamble

You May Also Like...

Manipulating Form in Landscape Painting



Changing colour



Adapting AccessArt: Colour and Composition



CPD Recording: Adapting AccessArt

You May Also Like...

**session recording: Managing a creative
classroom**



Adapting AccessArt



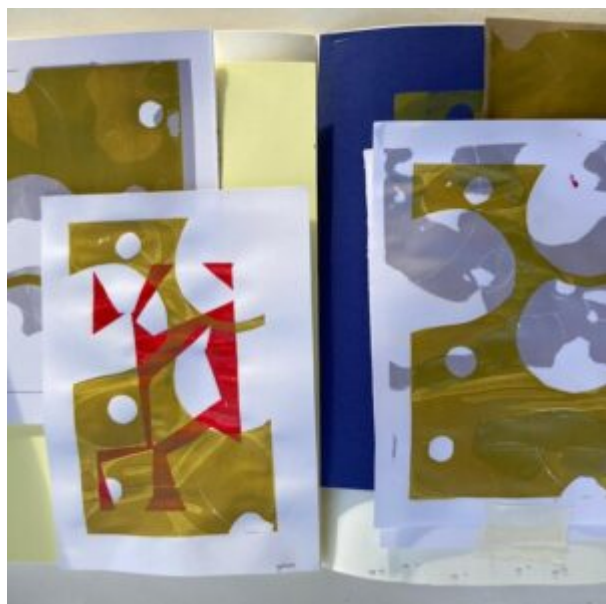
CPD Recording: Be An
Architect Pathway

CPD Recording: Using AccessArt in ITE and ITT

CPD Recording: Sketchbook Share

You May Also Like...

see all sketchbook resources



The Sketchbook journey



Sketchbook pedagogy



CPD Recording: Typography and Maps

Session Recording: **Primary Art Curriculum** **Celebration**

CPD Recording:
Sketchbook Share

You May Also Like...

see all sketchbook resources



The Sketchbook journey



Sketchbook pedagogy



CPD Recording: **Connecting Approaches**

CPD Recording: Managing a Creative Classroom

You May Also Like...

**session Recording: Adapting
AccessArt**



Adapting AccessArt



CPD Recording: Still Life Pathway

**CPD Recording:
Sketchbook Share**

You May Also Like...

see all sketchbook resources



The Sketchbook journey



Sketchbook pedagogy



CPD Recording: Screenprinting Hack

You May Also Like...

Pathway: Working with Shape and Colour



This is featured in the 'Working with Shape and Colour' pathway

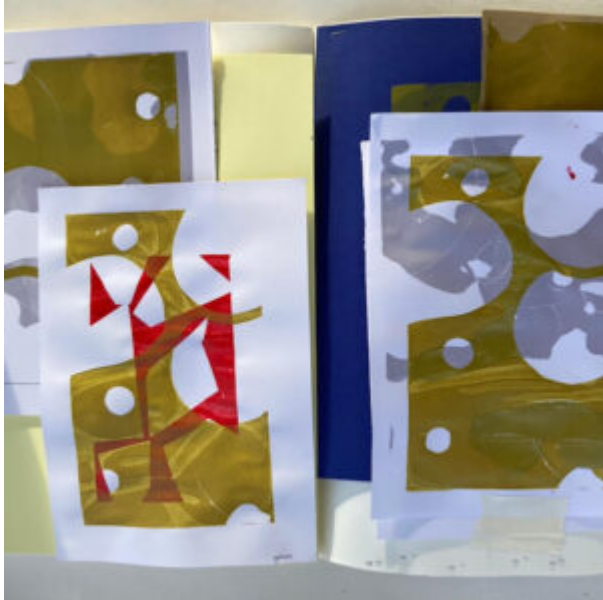
Pathway: print and activism



This is featured in the 'Print

and Activism' pathway

All printmaking resources



**CPD Recording: Making
Birds Pathway**

Start The Year With The

AccessArt Primary Art Curriculum

CPD Recording: Colour Mixing

You May Also Like...

colour mixing



Adapting AccessArt: Colour and Composition



CPD Recording: Sculpture, Structure, Inventiveness and Determination Pathway

CPD Recording: Drawing Figures

You May Also Like...

pathway: telling stories through drawing and making



visual arts planning: life
drawing

